



# Fruit and Vegetable Intake Exceeds National Average Among Food Pantry Clients

## Purpose

Increased dietary intake of fruits and vegetables is associated with lower risk of chronic diseases. However, most Americans don't meet dietary guidelines for fruit and vegetable (FV) consumption, particularly those in low income categories. MyPlate messages were developed to remind food pantry consumers to "make half your plate fruits and vegetables." This study was conducted to evaluate the impact of the MyPlate icon and this consumer message on dietary intake of FV in food pantry clients.

## Impact

79 participants, 3 pantries (with weekly access to fresh produce), randomly assigned to intervention/control. Intervention participants received laminated copy of MyPlate & consumer message, "make half your plate fruits and vegetables"; viewed daily, 1 month.

79 participants; 53 completed follow up assessments. Result: Regular (weekly) access to FV may have contributed to reported consumption of 4 servings of FV daily – nearly 1 serving greater than US average of 3.04.

79 participants; 53 completed follow up assessments. Result: No significant differences in FV consumption ( $p < .53$ ), FV behavioral intention ( $p < .9$ ) and perceived diet healthfulness ( $p < .3$ ) were found between intervention and control groups.



## Ohio State Colleges/Units Involved

College of Public Health,  
Division of Health Behavior &  
Health Promotion  
College of Medicine,  
Division of General Internal  
Medicine

## Community Partners Involved

Mid-Ohio Foodbank  
Lutheran Social Services of Central  
Ohio Food Pantries  
Broad Street Presbyterian Church  
Food Pantry  
Kroger Community Pantry at  
Mid-Ohio Foodbank

## How you can get involved:

- Support our partners
- Reclamation (inspecting, sorting) of food products
- Assembling care packages
- Labeling food products
- Assisting in food pantries
- Collecting food donations
- Assisting with community events

## To get involved, contact:

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